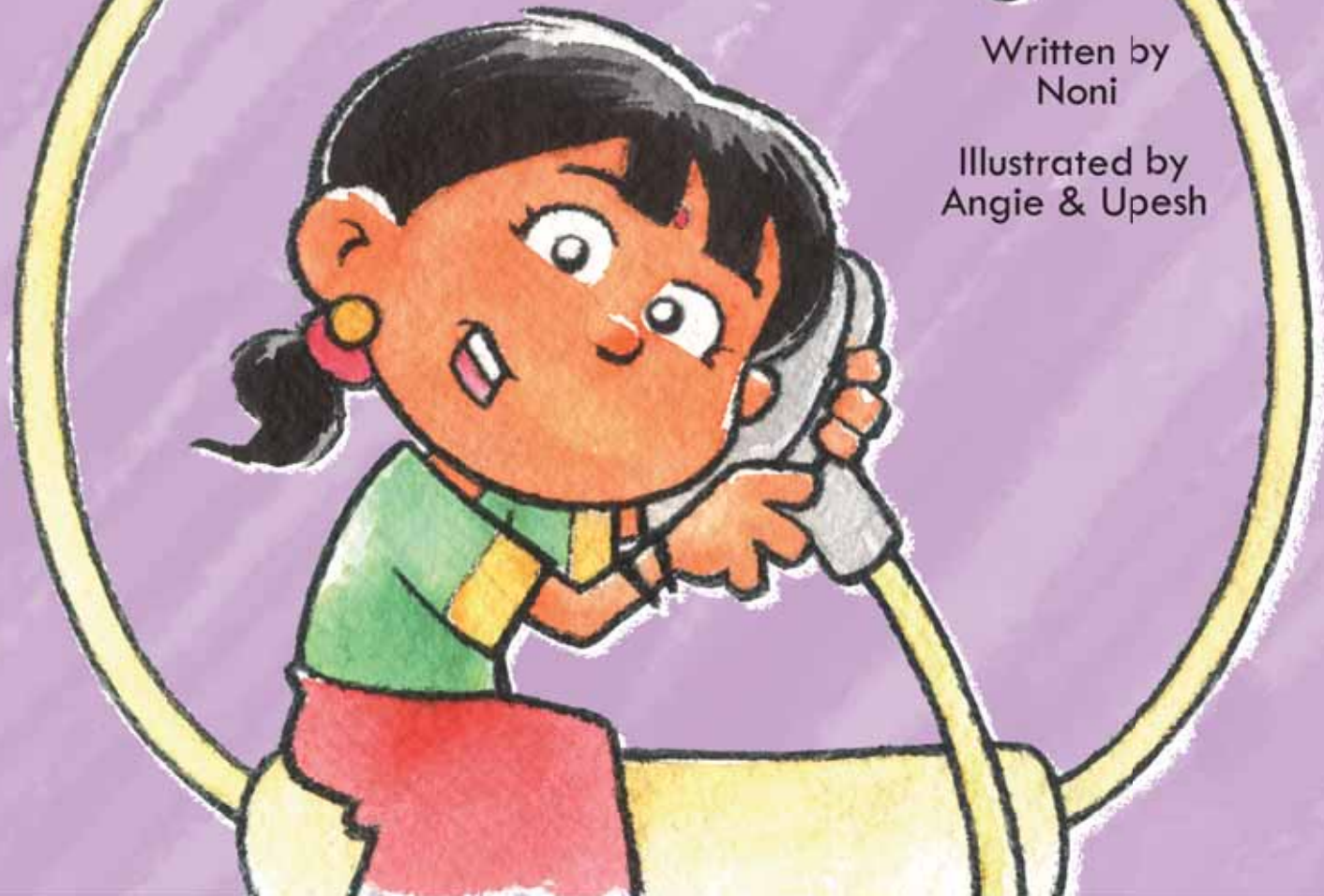


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LISTEN TO MY BODY

Written by
Noni

Illustrated by
Angie & Upesh



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Today I am **not** going to school



It is a holiday!



Today I am **not** going to watch TV.



There is no **electricity**
anyway.



What am I going to do?



Can you
hear
your body?



**Today
I am going to
listen to my body!**



First, I have to be quiet. Very quiet.

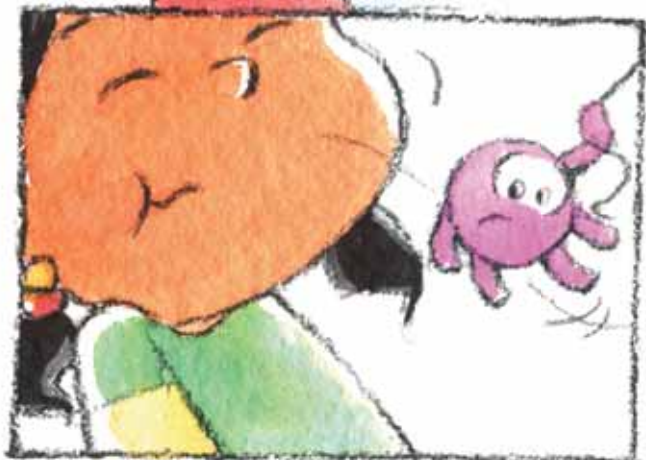


So that I can listen to my own body.



**Yes,
now I can
hear my breath.**

In... out...



in... out...

And I can make my breath noisier ...



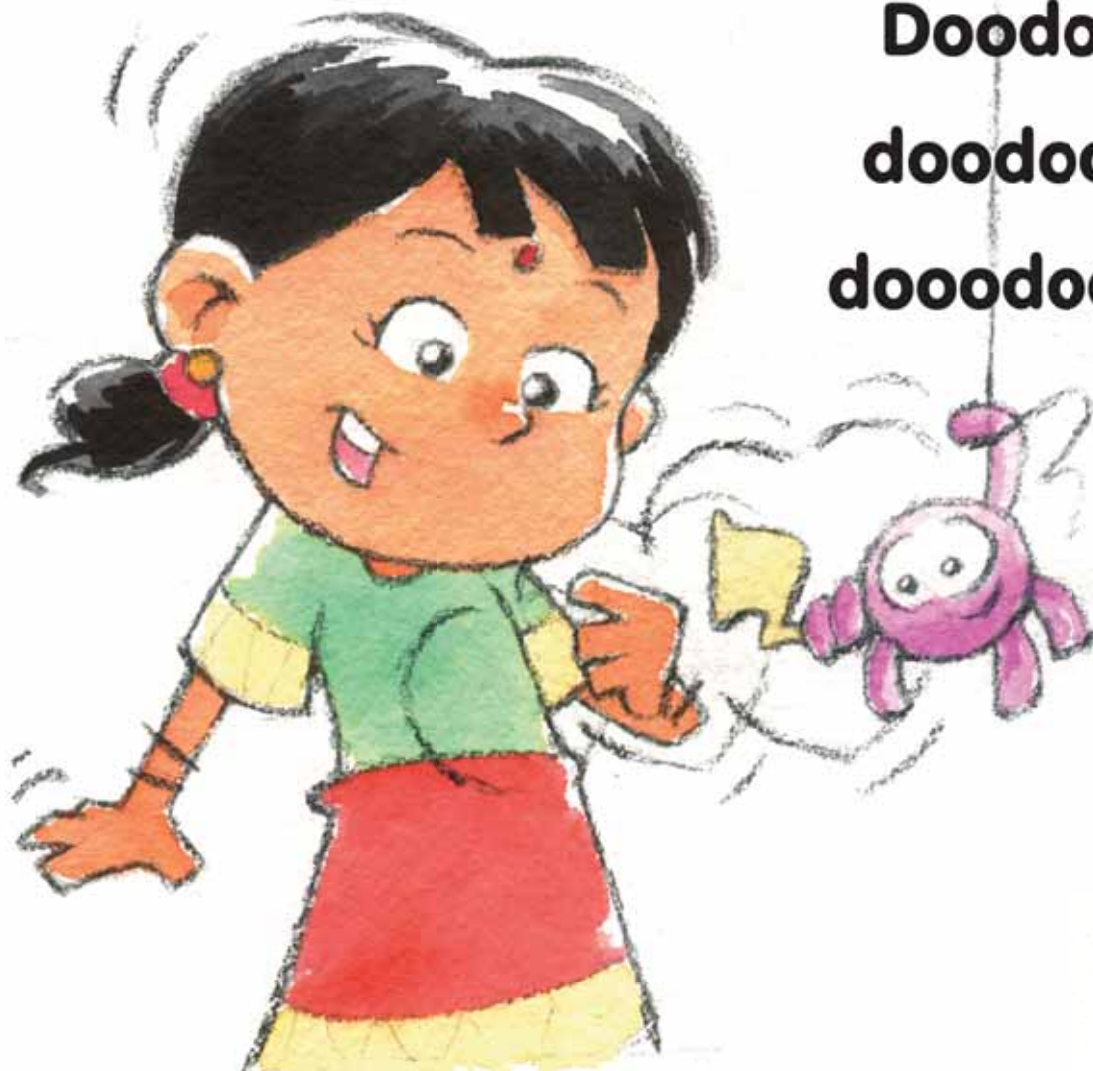
Ssssssssssssss !



**And softer
Mmmmmmm**

**And now
I can hear my heart beating!**

**Doodom,
doodoom,
doooodoom**



Can I make my heart go faster or louder?

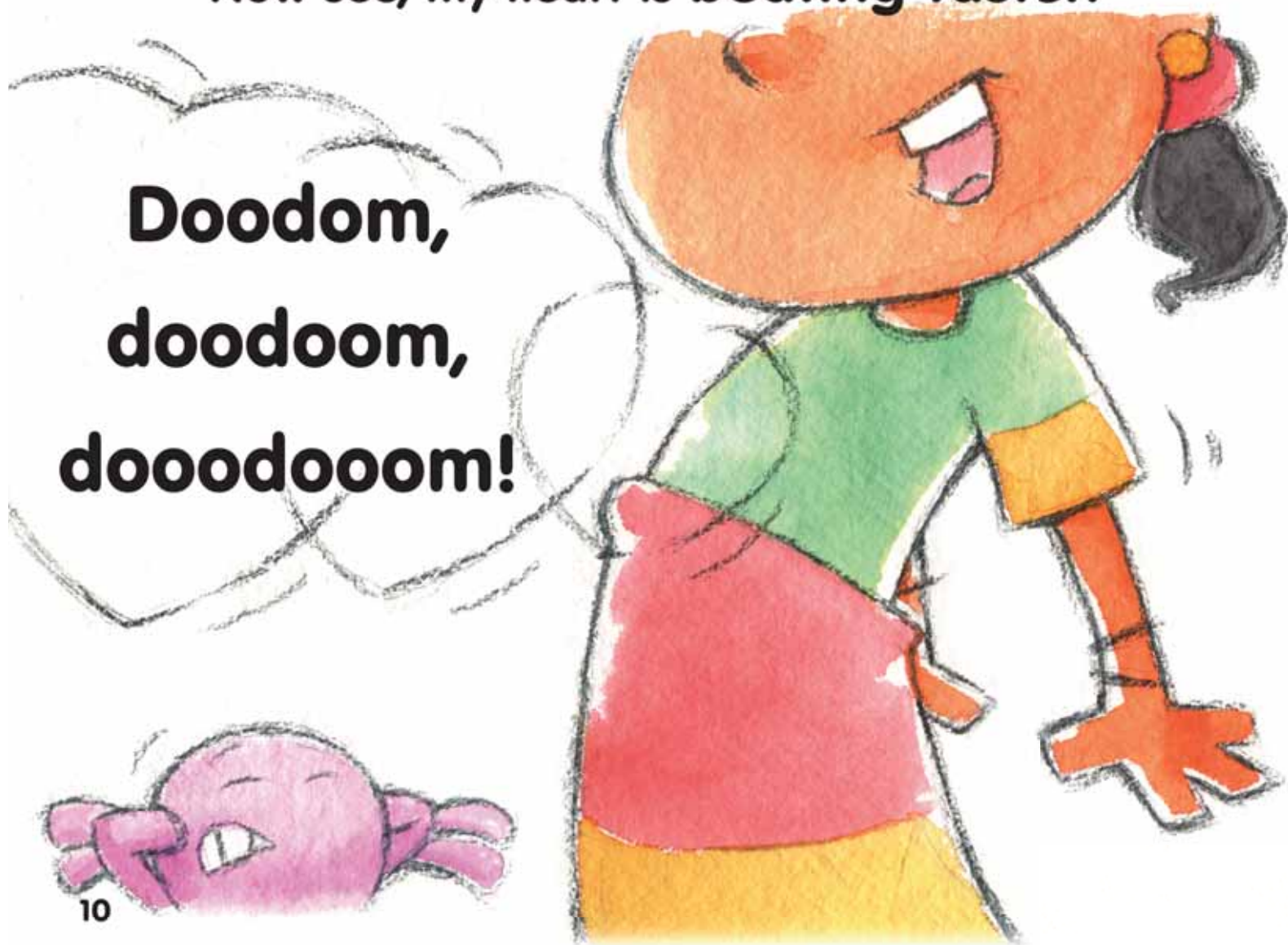


**Yes, by jumping
up and down
twenty times.**



Now see, my heart is **beating faster.**

**Doodom,
doodoom,
doooodoom!**



And if I put my **fingers** on my **wrist**

then I can
hear my pulse!



Can
fingers
hear?

and I can hear myself laughing



Haha
haha
haah
haaa!



And crying
Boohooooooo



And clapping

tap
tappa
tap
tapaa



And most of all -

**I can hear my
stomach rumbling**



**Guddu
guddu
guddu**

...

And saying

**feed me,
feed me**



And my nose can hear jalebis frying
in mother's kitchen

Can
noses
hear?



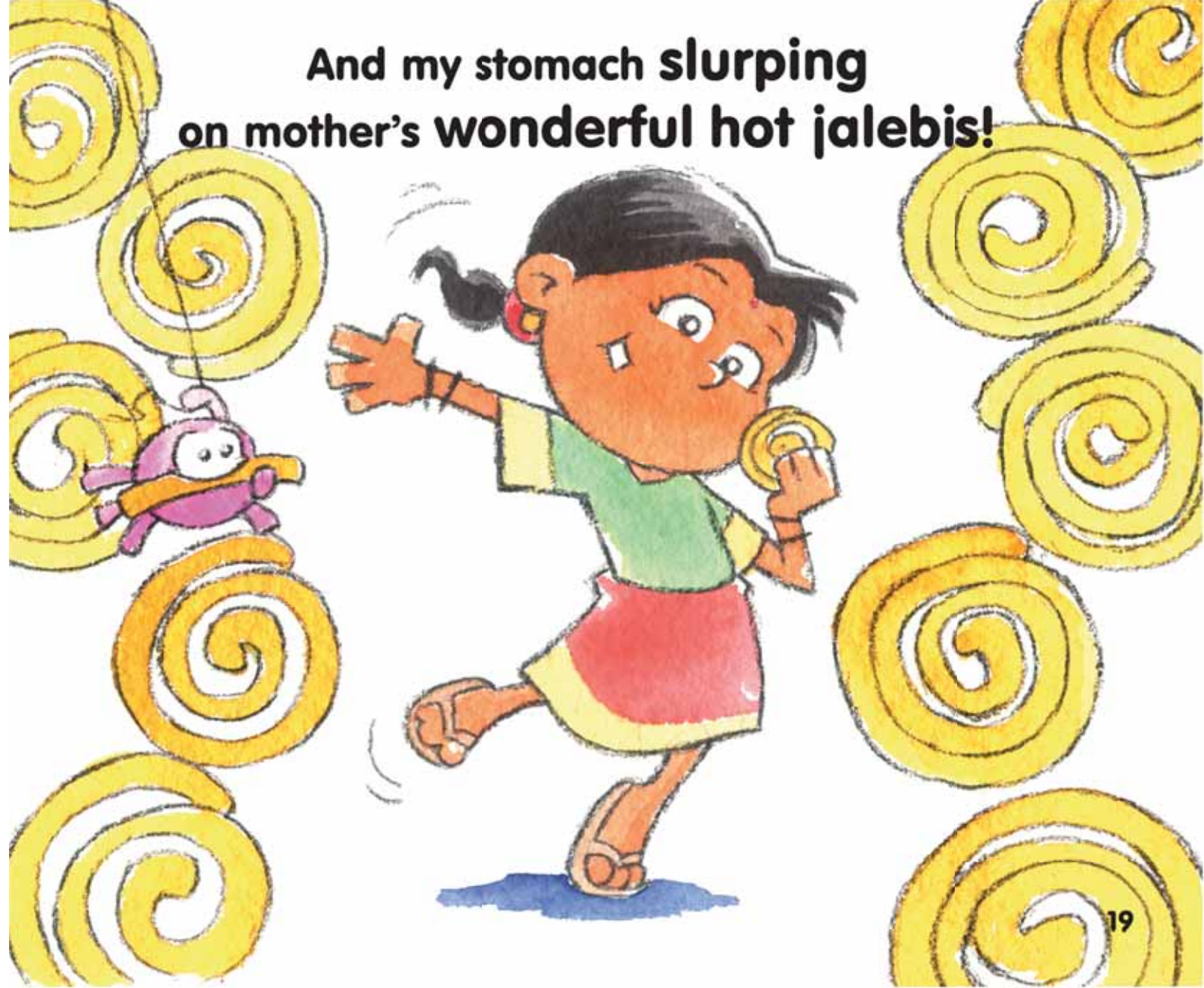
**It is fun
listening to my body**



**And now
I want to hear
my jaws chewing**



**And my stomach slurping
on mother's wonderful hot jalebis!**



Match the sounds with the part of the body



Hands

Whistle



Lips

Stomp-stomp



Feet

Clap-clap



My name is Gopalji Srivastava. I am in class 5 and never miss a movie by Amitabh Bachchan and Kajol. I also enjoy badminton and the *bhangra*. Thank you for buying this book. My friends and I will get to read many more books in our library because you bought this book.



Noni is the pen name of a writer residing in Bangalore.
She works in the field of education.



Angie is a graphic designer and in her spare time loves to keep busy with ceramic.
Upesh is an animator who collects graphic novels and catches up with alternate cinema in his spare time.
Together they form 'The Other Design Studio'.

**Each of us has a wonderful body.
But have you ever listened to what it tells you?**

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